

## AMERICANS ABROAD IN RED CROSS WORK

United States Citizens Far Away  
Enthusiastic Members of the  
"Fourteenth" Division.

Among the most enthusiastic and energetic members of the American Red Cross are those citizens of the United States who live outside the continental boundaries of their country—sons and daughters of the Stars and Stripes residing at the far corners of the earth.

These people compose the Insular and Foreign Division of the parent organization generally known as the "Fourteenth" Division, which has jurisdiction of all territory outside the country proper; that is, Alaska, Porto Rico, Hawaii, Virgin Islands, the Philippines, Guam, and even the Island of Yap, which came under our flag as a result of the world war. For the year 1920 this division reported 30,808 paid up members.

The main object of this division is to give our citizens everywhere the opportunity to participate in the work of the organization which stands for the best national ideals. Americans in far places intensely loyal and patriotic, treasure their membership in the Red Cross as the outward expression of their citizenship. It is another tie to the homeland and to each other. There are chapters of this division in Argentina, Bolivia, Brazil, Canal zone, Chile, China, Costa Rica, Cuba, Dominican Republic, Ecuador, England, France, Guam, Guatemala, Haiti, Hawaii, Honduras, Japan, Manchuria, Netherlands, Nicaragua, Paraguay, Peru, Philippines, Porto Rico, Siberia, Spain, Sweden, Switzerland, Syria, Turkey, Uruguay, Venezuela and Virgin Islands.

During the war these scattered members of the Red Cross contributed millions in money, and millions of dollars' worth of necessary articles for the men in service, and sent many doctors and nurses to France. At the same time they carried on an excellent Home Service in their respective communities for the families of those who had gone to war, and in some regions gave large sums of money and immeasurable personal service to the relief of disaster and disease victims.

The division is now establishing service clubs in foreign ports for the benefit of sailors in the American Merchant Marine, making plans to aid Americans in trouble in foreign lands and completing arrangements for giving immediate adequate relief in case of disaster.

It is the Fourteenth Division's part in the great Peace Time program of the American Red Cross.

## RED CROSS ASSISTS DISABLED VETERANS

The American Red Cross is carrying on a wide program of service for the disabled World War veterans receiving treatment in United States Public Health hospitals and those being trained through agencies of the Federal Board for Vocational Education.

In each of the Public Health Service hospitals Red Cross workers devote their time to the general welfare of the service men from the day they enter the receiving ward until they are discharged. After the soldier's discharge the Red Cross continues its friendly service through the Home Service Section in his own community.

The Red Cross maintains a convalescent house at all of the hospitals, where patients can amuse themselves after they are well enough to be up and around. Parties and picture shows in the wards are also furnished, with occasional excursions when convalescence comes.

Great service has been rendered by the Red Cross in mental cases in identifying those who have appeared in state hospitals for the insane, and helping them secure compensation due from the Bureau of War Risk Insurance.

In the Federal Board's various district offices the Red Cross worker, acting with the Home Service Section, makes necessary loans to the men, arranges suitable living conditions, helps collect evidence and supply facts to the Board, assists in "appealing cases" and settles various personal difficulties for the men. The workers also follow up and aid all men who discontinue training.

The Red Cross agents find men "lost" to the Board, help clear up delayed cases and aid the college counselors in their friendly work with the men. Many Red Cross chapters have set up recreation facilities, and in some instances living clubs, so these victims of war may have attractive surroundings and the fun which must go with effective school work.

To the American Red Cross Institute for the Blind near Baltimore, Md., more than half of all the Americans blinded in the World War have come for training. The Institute, through the Red Cross, long ago conducted an exhaustive industrial survey to determine the vocations for which blind men could be fitted. As a result it is putting forth well trained men equipped to meet the social, civic and economic requirements of their respective communities.

Aid for Spanish Red Cross.  
The Iberian chapter of the American Red Cross, composed of Americans resident in Spain, has just contributed \$180 to a fund being raised by the Spanish Red Cross and the League of Red Cross Societies for the purpose of fighting malaria.

## NATIONWIDE FIGHT AGAINST DISEASE

American Red Cross Will Have  
Health Centers in All Parts  
of United States.

The American Red Cross has launched upon a nation wide campaign of fighting disease and physical defect among the American people. A new and unique health institution has come into being as the result of several months' study by the Red Cross Health Service Department at National Headquarters.

Officials in charge of the department predict that before long this new health activity will be in actual operation all over the country, and that the sign—"American Red Cross Health Center"—will become as familiar to the people everywhere as are now the signs of the telegraph companies.

Busy Long Before War.  
The interest of the American Red Cross in the fight against disease is not, however, of recent origin. Long before the war the organization began this health service through its medical units in disaster relief work and its department of Town and County Nursing. During the war and following the armistice, thousands of American Red Cross officials have been fighting disease in the war-stricken countries. At the same time tens of thousands of local Red Cross officials have been engaged at home fighting disease, notably during the influenza epidemics.

The American Red Cross has determined that all this valuable experience in health service abroad and at home shall not go to waste. So long as there are a half a million people dying yearly in this country from preventable causes, and so long as more than one-third of the American children and young people are victims of physical defects, the Red Cross recognizes the urgent need for continued Red Cross health service at home.

How Organization Works.  
The Red Cross Health Center is governed by business principles, applies business methods, and, in its more simple form, can be established and conducted by lay people.

It proceeds upon the demonstrated fact that health is a commodity that can be bought and sold like brooms and soap. Therefore, it establishes itself in a storehouse in the principal business section of the community. It displays its goods in the form of attractive health exhibits in its show windows. It advertises constantly and extensively. And it uses every business and social device to attract customers.

The Red Cross Health Center is of service to the sick in that it gives out reliable and complete information about existing clinics, hospitals, sanatoria and other institutions for the sick and the defective; about available nurses, both trained and practical; about when to consult a physician and why to shun the quack and his nostrums.

Teaching Disease Prevention.  
The Red Cross Health Center is, however, of even greater service to the well. It teaches people how to prevent sickness and disease. This is done in many interesting and attractive ways—first of all, by the distribution of popular health literature and through health lectures illustrated with lantern slides or with health motion picture films. Then special exhibits are given, one after the other, on various health subjects. Practical demonstrations are made; also health playlets by children to interest and instruct themselves and their elders. Classes are organized in personal hygiene, home care of the sick, first aid and in food selection and preparation. Health clubs, both for younger and older people, are formed; also Little Mothers' Leagues. Nutrition and growth clinics are conducted for children.

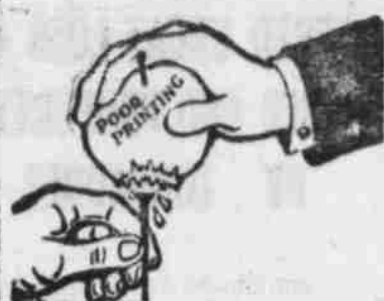
Already more than a hundred of these Red Cross Health Centers are in actual operation throughout the country. Many of them also conduct medical clinics, but the one chief, outstanding feature of the American Red Cross Health Center is its health education service which teaches well people how to keep well.

FRENCH PRAISE FOR  
OUR RED CROSS WORK  
Lauding the work accomplished by American philanthropy for war-stricken France, Andre Tardieu, former high commissioner from that nation to the United States, in a recent article widely commented on throughout the French press, says:

"The American Red Cross has accomplished a work which calls for the heartfelt gratitude of every true Frenchman. In 1918 this great relief organization spent in behalf of France nearly \$7,000,000 francs, and in 1919 its expenditures on charitable projects in our country attained the tremendous total of 171,000,000. It has recently turned over to the French relief organizations huge stocks of supplies whose value must be counted in the hundreds of thousands of francs.

"Fifteen million American boys and girls, banded together in the Junior Red Cross of America, are back of a movement to establish the closest ties between themselves and France's younger generation through the charitable works they have financed and are now carrying out among our little war sufferers.

"The bonds of friendship between France and America is cemented with mutual admiration, respect and gratitude."



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Thedford's Black-Draught Highly Recommended by a Tennessee Grocer for Troubles Resulting from Torpid Liver.

East Nashville, Tenn.—The efficacy of Thedford's Black-Draught, the genuine, herb, liver medicine, is vouched for by Mr. W. N. Parsons, a grocer of this city. "It is without doubt the best liver medicine, and I don't believe I could get along without it. I take it for sour stomach, headache, bad liver, indigestion, and all other troubles that are the result of a torpid liver.

"I have known and used it for years, and can and do highly recommend it to every one. I won't go to bed without it in the house. It will do all it claims to do. I can't say enough for it."

Many other men and women throughout the country have found Black-Draught just as Mr. Parsons describes—valuable in regulating the liver to its normal functions, and in cleansing the bowels of impurities.

Thedford's Black-Draught liver medicine is the original and only genuine. Accept no imitations or substitutes. Always ask for Thedford's.

## AN ANSWER

(continued from page 1)

is said that the birds one one occasion decided to meet in a great contest and decide which was the most beautiful of them all. There was a certain Jackdaw that was considered to be the ugliest of all birds. Now this Jackdaw was very ambitious and above desired to be chosen as the most beautiful. So he hit upon a plan to make himself the most beautiful of them all. He went around and picked up all the pretty feathers of the other birds that he could find and placed them about over his own plumage in such a way as to make himself very beautiful indeed. After the contest came and after a long time it was decided that this Jackdaw in disguise was the winner. The other birds became very jealous of this winner and looked him over close. Suddenly one of them saw a feather that could belong to no one but the Jackdaw, and when he told the other birds that it was the Jackdaw in disguise, they all rushed to him and plucked out their own feathers, thus left him the same old Jackdaw and accused him of wearing other peoples clothes. Just so it is with North Springs, they are strutting around in Gainesboro's clothes.

We would like to know why the writer of the article last week's Sentinel was unwilling to have it answered in the same issue and give both sides to the public at one time and let the people judge for themselves as to who won first place. We are willing for our report to stand the test and consider those reports that won't stand the test as untrue.

We would also like to know why they were unwilling to stay for a few minutes on the afternoon that they left and count up their points with us and settle the matter without so much argument.

We would like to know how any school can win sixteen points on a basket ball game, when there are only ten points offered to the winner of first place.

We would further like to know why it was necessary to have pupils from Cookeville to swell their ranks and when they were asked if certain contestants were eligible the teacher himself could not remember whether or not the pupil had been in school the required time.

We would also like to know how a pupil can be a member of a school since Christmas and none of the students of that school can remember when that pupil has ever recited a lesson.

We would like to know why they decided to leave off the debate two weeks before the contest (according to their own pupils) and let Gainesboro know about it?

We would appreciate it if they would tell us why, when Prof. McMinn on the evening that the contest was finished, offered to continue the affair, that North Springs refused to set a date, Prof. Davis saying that they had to close school and would have no more time, and also why they suddenly decided they would like to finish after the other schools had forgotten it, and even then on a proposition to set a date refused to do so again.

We would like to know why the judges gave the decision by such a large majority to Gainesboro, and why Dr. Clark gave it to North Springs and how it is that no one else can see his bone of contention.

We think we know just how it is, and would advise our friends to give a little attention to the "Head as well as the Heel."

R. E. McMinn

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## How the H. C. L. Hits the Railways



In 1912 the water tank shown herewith was installed at Raleigh, N. C. by the Southern Railway at a cost of \$1,592.00. To construct a similar tank in 1920 would cost \$3,400.00. In the same picture is shown a caboose which was built in 1913 at a cost of \$1,600.00. In 1920, the same caboose would cost \$3,340.00. To the right of the caboose and just in front of the tank is shown a two-armed mechanical signal tower which was installed in 1916. It cost \$261.00 then, but to reproduce it in 1920 would cost \$650.00.

## THE AMERICAN RED CROSS IN PEACE TIME

Disease Prevention



Through its Health Service the American Red Cross has begun a nationwide concentrated effort in cooperation with established organizations to reduce greatly the amount of preventable disease and physical defects found among the country's 106,000,000 population. Education is its most powerful tool. Special attention is devoted to children, and this picture shows a typical Red Cross welfare clinic where little ones are treated and mothers instructed in the proper care of them.



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